

IDAHO CONTENT STANDARDS  
GRADE 6  
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 1.1: Acquire the essential skills to lead a healthy life.</b>	6.H.1.1.1 Identify the influence exercise has in developing a healthy system. (823.01.a)	6.H.1.1.2 Identify prevention, causes, and treatment of diseases and disorders. (823.01.b)	6.H.1.1.3 Demonstrate and be able to apply basic first aid and safety rules. (823.01.c)	6.H.1.1.4 Describe emotions that affect personal health. (823.01.d)	6.H.1.1.5 Identify the choices and consequences related to abuse of alcohol, tobacco, and other drugs. (823.01.e)	6.H.1.1.6 Apply strategies for developing healthy eating habits. (823.01.f)	6.H.1.1.7 Identify the functions and characteristics of the major body systems. (823.01.g)	6.H.1.1.8 Discuss and evaluate the importance of healthy relationships. (823.01.h)	6.H.1.1.9 Examine factors involved in selecting and using health information, products, and services. (823.01.i)	6.H.1.1.10 Describe environmental health issues and their relationships to a healthy lifestyle. (823.01.j)	

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</b>	6.H.2.1.1 Identify risk factors for illness and injuries. (824.01.a)	6.H.2.1.2 Examine and evaluate how the actions of one person affect the behaviors of others. (824.01.b)	6.H.2.1.3 Describe high-risk substance abuse situations and behaviors that pose a risk to one’s self and others. (824.01.c)	6.H.2.1.4 Describe the impact of risky behaviors on personal and family health. (824.01.d)							

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 3.1: Demonstrate the ability to use communication skills to enhance health.</b>	6.H.3.1.1 Describe the causes and effects of conflict in schools and families. (825.01.a)	6.H.3.1.2 Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse. (825.01.b)	6.H.3.1.3 Explain interpersonal communication skills that can be used to build interactions between family, friends, and community. (825.01.c)								

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.</b>	6.H.4.1.1 Evaluate the validity of health information, products, and services. (826.01.a)	6.H.4.1.2 Analyze how the media influences information about tobacco, alcohol, and drugs. (826.01.b)	6.H.4.1.3 Determine health resources available in personal community and state. (826.01.c)								

Standard 5: Mental and Emotional Wellness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
<b>Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.</b>	6.H.5.1.1 Analyze skills that positively express personal emotions and feelings. (827.01.a)	6.H.5.1.2 Analyze the influence exercise has on relieving mental and emotional tension. (827.01.b)	6.H.5.1.3 Identify skills necessary for stress management, decision-making, and managing conflicts. (827.01.c)	6.H.5.1.4 Explore aspects of emotional safety. (827.01.d)	6.H.5.1.5 Explore factors that influence the use of alcohol, tobacco, and drugs. (827.01.e)						

[Page hyperlinked from text “6th” under Middle Grades on on Health standards page]